

Ain't No Housewife

48 Count, 4 Wall, Phrased Intermediate Choreographer: Trine Haukø Lund (NO) February 2017 Choreographed to: Ain't No Housewife by Stephanie Quayle

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Approx 3 seconds intro

Sequence of dance: A28-A18-A32-A32-A18-A32-B16-B16-A16-B16-A32-A(last 8)-A(last 8)

Part A: 32 counts

Section 1: Heel Grind 1/4 Turn R X 2, Weave R, Side, Rock Behind, Cross

1&2& Step RH forward, turn 1/4 R(3.00), recover on LF, rock RF backwards, recover on LF 3&4& Step RH forward, turn 1/4 R(6.00), recover on LF, rock RF backwards, recover on LF

5&6& Step RF to R, cross LF behind RF, step RF to R, cross LF over RF

7-8& Step RF to R, cross rock LF behind RF, cross RF over LF

Section 2: Rhumba Box L, Toe, Heel Backwards L-R, Coaster Step

1&2 Step LF to L, step RF next to LF, step LF forward
3&4 Step RF to R, step LF next to RF, step RF backwards

5&6& Touch LT backwards, step down on LH (snap fingers), touch RT backwards, step down on RH

(snap fingers)

7&8 Step LF backwards, step RF next to LF, step LF forward

Restart here in wall 9

Section 3: Walk R-L Fwd, Scissor Step 1/4 Turn L, Weave L, Side, Rock Behind, Cross

1&2& Walk RH forward, step down on RF (snap fingers), walk LH forward, step down on LF (snap

fingers)

Restart here in wall 2 and 5

3&4 Step RF forward, turn 1/4 L(3.00), step LF next to RF, cross RF over LF 5&6& Step LF to L, cross RF behind LF, step LF to L, cross RF over LF

7-8& Step LF to L, cross rock RF behind LF, cross LF over RF

Section 4: Touch, Flick R X 2, Coaster Step R, Walk L Fwd, 1/4 Turn R, Walk R Fwd, Turn 1/4 R, Run

L-R-L Fwd

1&2& Touch RT to R, flick RF behind LF, touch RT to R, flick RF behind LF

3&4 Step RF backwards, step LF next to RF, step RF forward

Restart here in wall 1

5-6 Walk LF forward, turn 1/4 R(6.00), walk RF forward

7&8 Turn 1/4 R(9.00), run L-R-L

Part B: 16 counts. First time part B you are facing 6 o' clock

Section 1: Basic Nc R, 1/2 Turn R, Step R, Cross L, Basic Nc R, Step L, Rock R, Recover

1-2& Step RF to R, close LF behind RF, cross RF over LF

3-4& Turn 1/4 R(9.00), step LF backwards, turn 1/4 R(12.00), step RF to R, cross LF over RF

5-6& Step RF to R, close LF behind RF, cross RF over LF7-8& Step LF to L, rock RF behind LF, recover on LF

Section 2: Walk R-L Fwd, Step R Fwd, 3/4 Turn L, Step R, Behind, Side, Cross, Rock R, Recover L,

Touch R

1-2 Walk RF forward, walk LF forward

3&4 Step RF forward, turn 1/2 L(6.00), recover on LF, turn 1/4 L(3.00), step RF to R

5&6 Cross LF behind RF, step RF to R, cross LF over RF

7&8 Rock RF diagonal forward, recover on LF, touch RF next to LF

Restarts:

Wall 1: After 28 counts facing 3 o'clock. NOTE to restart 1: Coaster step: Touch RF next to LF

Wall 2: After 18 counts facing 9 o'clock Wall 5: After 18 counts facing 9 o'clock Wall 9: After 16 counts facing 6 o'clock

Ending:

Do the last 8 counts of the dance twice. First time is facing 12 o' clock and you will finish the dance facing 12